



Recommended Climbing Equipment

Individual and Team Equipment

Following is a list of recommended equipment for both individuals and teams. Equipment is useless if you do not know how to use it! Become familiar with every article of equipment before leaving home. Please note: No equipment is available for rent or sale in the park.

Individual Equipment:

Map & Compass
Knife
Matches/Lighter
Sunglasses and/or ski goggles (dark lenses)
Sunscreen and Lip Balm
First Aid Kit
Food (extra food for emergencies)
Headlamp and extra batteries
Altimeter
Signaling Device (whistle and/or mirror)
Gloves and Mittens, Winter Hat, Sun Hat
Down or Synthetic Parka
Wool or Synthetic Clothing, layered
Waterproof/Breathable Parka
Waterproof/Breathable Pants or Bibs
Sleeping Bag - comfortable to 10F
Ensolite Pad
Ice Axe

Carabiners (minimum 4)
Prussik Slings (3) or Ascenders
Chest and Seat Harness
Helmet
Boots and Gaitors
Crampons
Picket (1) or other appropriate protection device

Team Equipment:

Rope, 40 m, 9 or 11mm diameter
Pickets or Ice Screws (as appropriate for route and conditions)
Pulleys
Stove and Fuel
Extra Fuel for emergencies
Tent or Tarp Shelter
Wands

Additional Winter Equipment

Team:

Food and Fuel for two extra days
Wands, minimum 200
Tent, expedition type
Additional Rope

Individual:

Down Parka, Pants, and Mittens
Double Boots or Over Boots
Avalanche Beacon & Probe
Snow Shovel
Ice Axe